

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

RECEIVED

AUG 1 1935

HOUSEKEEPERS' CHAT

Friday, August 2, 1935

(FOR BROADCAST USE ONLY)

Subject: "HOT-WEATHER MENUS." Information from the Bureau of Home Economics, United States Department of Agriculture.

--ooOoo--

Because of a very special letter here, I guess I'll have to hold another question-and-answer session today, though this is not our regular day for it. This letter took a tug at my heart-strings. It was signed "Worn and Weary Menu-Maker." She writes, "In this hot weather, I haven't enough appetite or imagination or something to plan good meals for my family. All my ideas seem to have melted away in the heat. I can't even think up a good lunch to serve my family out on the porch where they like to eat at noon, let alone planning buffet suppers for Sunday evening when we usually have company."

I know just how she feels, don't you? You can see why I think a letter like that ought to have a prompt answer. Every family needs the right food winter or summer, hot days as well as cold. But the kind of food it needs depends a good deal on the season. For instance, on a hot August noon, nobody wants what's commonly known as "a nourishing meal." What has appeal on such an occasion is food that looks cool and refreshing, that isn't heavy in calories but plays up fresh foods like summer fruits and vegetables, and goes strong on color and freshness and flavor. The idea is to serve a meal that keeps appetites awake. Then, of course, any wise menu-maker^{will} also plan a noon lunch that won't take much cooking -- one that she can prepare in the cool of the day, and keep in the refrigerator until just before serving.

So, Worn and Weary Menu-Maker, here are a couple of suggestions for porch luncheons that seem to answer these specifications. It starts off with a bright-colored item that is refreshingly chilly and is tart and well-seasoned enough to enliven appetites. This frozen tomato-juice cocktail -- seasoned tomato juice, "frozen to a mush," as some recipes describe it. That's the start to your noon lunch. You can use any seasoning you prefer for this frozen cocktail. Beside salt and pepper, most people find tomato juice extra-good with chopped celery and green pepper and onion juice. Anybody who liked hot seasoning can add tabasco and horseradish. You also have your choice of flavoring herbs like chervil, marjoram and mint; also parsley, anise and bay leaf. Some people like to add soy sauce to tomato juice. Others like Worcestershire sauce. It's just up to you. But remember one point. You can use a little extra seasoning when any food is to be frozen, because the chill cuts down flavor.

Well, there's your start -- tomato juice seasoned and frozen to what you might call "a soft sherbet." The main dish is a warm dish -- hard-cooked eggs in cheese sauce served on crisp toast. A sprinkle of paprika, because of its bright red color, makes this dish more attractive. And some chopped green parsley would look gay, too. Along with the cheese eggs, serve a bowl of chilled marinated cucumbers -- you know, thin slices of cucumber coated with French dressing. Crisp rolls next. And for dessert, chocolate layer cake and iced tea or coffee.

How's that for an August porch luncheon to please the family? I'll just go over it again, so you can get the picture altogether. Frozen tomato juice; hard-cooked eggs in cheese sauce; Cucumber and French dressing salad; Crisp rolls; Chocolate layer cake; and Iced tea or coffee.

If you want another porch luncheon, try this -- also light, colorful, appetizing and easy. Start with an appetizer of chilled mixed August fruits -- melons, peaches and white grapes, perhaps. The main dish this time isn't hot; it's a salad instead -- salmon salad in tomato cups. Ham or chicken salad in these scooped-out tomatoes would be just as good. Mayonnaise is the dressing. Toasted cheese crackers to go with the salad. For dessert, cold tapioca-cream pudding and coffee.

Let's review this second luncheon: Mixed fruit cup; salmon or ham or chicken salad in tomato cups on crisp lettuce; toasted cheese crackers; Chilled tapioca-cream; Coffee.

So much for luncheon ideas. Now what about those buffet suppers for Sunday night? Here again, I vote for a simple and easy, but colorful, cool and appetizing menu.

Here's a meal my next-door neighbor recently served to Sunday night guests with great success. Jellied lamb with cabbage and pepper relish; Potato salad; Nut and brown-bread sandwiches; Frozen fruit salad with whipped cream; Sponge cake; and Coffee.

And here's another meal planned to appeal to both hostess and guests: Sliced savory baked ham; Mustard pickles; Olives; Big bowl of mixed vegetable salad -- lettuce and green pepper and garden tomatoes and cold cooked string beans all turned over and over in French dressing just before serving; Toast or hard rolls with this meal; for dessert, Custard tarts.

Weary menu-makers, please note how many things in both these menus you can get ready the day before, if you have a good refrigerator. Jellied dishes, frozen dishes, and baked ham. Also, of course, you can make your tapioca pudding and tarts and cake in advance.

By the way, though I've mentioned iced tea and coffee on these menus, for any youngsters in the party you could serve milk shakes, or iced cocoa, or a nice fruit punch.

#####

